

Mother of  
the Year  
Announced

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# SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

March 2022

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## Retired Artist Continues Celebrated Career



Susan Cromer Yback displays one of her acrylic paintings outside the Paseo Gallery One in the Paseo Arts District in Oklahoma City.

Story and photos by Darl Devault, Feature Writer

After retiring, do you have to choose between being a serious artist or an art teacher? The answer is no if you are genuinely talented at both for Susan Cromer Yback, 64, as she now teaches youth

and adults art after teaching elementary school art for a career.

She is now interrupting her retirement and a fulfilling second career as a full-

See ARTIST Page 2

# Living History Tealridge residents share their legacies



Nearly 40 college students from multiple disciplines are involved with a program that pairs them with a Tealridge resident.

story and photos by Bobby Anderson, Staff Writer

It was mid-February and the conversations next door to the Tealridge Retirement Community dining room flowed like water.

Daily laughter and connection aren't uncommon occurrences at the all-inclusive Edmond retirement community, but this day something was different.

On this day, residents had the undivided attention of a group of Oklahoma Christian University students hoping to cull a lifetime of experience and knowledge to help them on their educational journey.

For a minimum of eight hours during the spring semester, nearly 40 college students from multiple disciplines are involved with a program that pairs them with a Tealridge resident.

Leading the program is Dr. Tina Winn, professor of psychology.

Dr. Winn said psychology students and family science majors both are gaining the benefit of the living history lessons they receive during each meeting.

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## ARTIST

Continued from Page 1

time artist to teach art again. Yback first became retirement privileged after teaching elementary art in the Putnam City School District for 30 years.

She transitioned from teaching full time and began full-time production of her original works after retirement. Now teaching art on a much more personalized level, she sells her art at 2927 Paseo Drive. Yback's classes and art have become a mainstay of Paseo Gallery One near the southern edge of the historic Paseo Arts District N.W. 27th & 30th Streets and Walker & Hudson in Oklahoma City.

She keeps busy as both a painter in acrylic and a clay artist. Her last decade of creating in the Paseo Arts District has led her to see art differently than during her decades in public school art education. She says she has learned to practice her authentic artistic process while integrating technical and conceptual skills to share a clear message with her students.

"I am excited to begin every class where I can express my creative energy in teaching—an art form in and of itself!" Yback said.

"Although I love traditional art, I like to change things up, take a different approach to present an image."

During her classroom years, Yback participated in many workshops for teachers at the Oklahoma Arts Institute at Quartz Mountain in southwest Oklahoma. There she learned or developed skills such as printmaking from master artists from all over the United States.

She also teaches a pottery class on Saturdays at the House of Clay at 1100 Northwest 30th Street. She teaches artists of all ages pottery hand building. Yback fires the pottery for the class of eight to 10 students each week.

While interviewing her at the Paseo Gallery One, observing her teaching a class and talking about her work hanging in her studio/gallery there, it is difficult to determine where she lands on the artist/art teacher continuum.

"Now I find my creative spark as an artist is most important," Yback said. "But I sure like sharing my love of art with my students."

At the Paseo Gallery One location on Tuesdays and Thursdays, she instructs children through high school age in acrylic painting. "I



am often pleasantly surprised by my young student's wide scope of educational art experience," Yback said. "I enjoy guiding students through the creative process, empowering them to create unique and meaningful artworks."

As she has grown and developed as an artist, she is stretching her emphasis to embrace her husband's influence, a member of the Great Sioux Nation. Her latest adventures include paintings of Native American themes in what has always been a career where collectors see varied techniques and styles in her paintings.

She often paints scenes with horses or bison in vibrant acrylic as the central theme while working in depictions of people. One of her latest is a realistic portrait of a bison embedded in an earthy abstract work. This masterful artistry is subdued, yet the bison stands out while looking at the viewer depicted in a unique background blend of abstract organic and brown acrylic colors.

She says she was heavily influenced by Henri Matisse and how Pablo Picasso tore things apart and then put them back together. Her painting mentioned above is all of that. In other Native American-themed art, she has channeled the way Joan Miro employed abstraction with extensive use of swaths of color lines in her paintings.

Yback credits Katherine Lontas-Warren, a former professor at Cameron University in Lawton, Okla. as a primary influence. "My

art education classes, especially with Oklahoma Art Education Association, have always been a solid foundation, although my interest in expressing my artistic energy might shift from day to day, month to month, through the years," Yback said. "I like to work quickly. I have learned more ways to do that since retirement."

Western and Native American art themes run through her work. Yback points to her husband David for that influence. "He is a member of the Great Sioux Nation. Over the years, I have become really interested in his heritage," Yback said. "He is a descendant of a Lakota Sioux Chief Many Horses. I have worked on researching David's lineage and often portraying his heritage in my work."

She is usually present at the studio during the First Friday Gallery Walk, with the next one 6-10 p.m. Friday, March 4, Yback says, "First Friday has become a wonderful tradition for all of us who work along the Paseo, and I love it."

The Gallery Walk will have more than 20 galleries featuring more than 80 artists who will host opening receptions, promising something for everyone.

Accepting commissions in an accessible and engaging manner, Yback says her original works vary in price. Her more significant pieces fall within the range of serious collectors. She may be contacted at [swbelle@cox.net](mailto:swbelle@cox.net) or by phone/text at 405-662-6551.

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# OPINION

**S** THE SAVVY  
**SENIOR**

## What to Do with Cremated Ashes

*Dear Savvy Senior,*

A while back I saw an article on different ways to scatter a person's ashes after they're cremated, but I've misplaced it. Can you help me with this? I'm preplanning my funeral and would like to include instructions on what to do with my remains that my family will appreciate. **Planning Ahead**

**Dear Planning,**

There's no shortage of options when it comes to handling or disposing of your cremated remains after you're gone. Your family can keep, bury or scatter them in a variety of imaginative ways that reflect your life and personality. Here are some different options to consider.

**Scatter them:** The most popular option is to have your ashes scattered at a location you loved to be i.e., a favorite fishing spot, camping area, golf course, beach, park or at home. If you choose this route, keep in mind that some places, such as national parks, require

a permit. And many public areas, like parks or sports stadiums may prohibit scattering.

**Store them at home:** Many families choose to keep their loved ones close, by storing them at home. If you and your family chooses this option, you can purchase a decorative urn through your funeral provider or online at Amazon.com. Or you may want to use an old cookie jar or favorite container that reminds your family of you.

**Bury/inter them:** The burial option is good if you wish to have a special place for your family to visit. This is also the only option for cremated ashes sanctioned by the Catholic Church, which specifies that ashes of the dead should be kept in sacred places like a cemetery or a columbarium and not kept at home or scattered.

**Plant them:** If you're the environmental type, you can have your ashes planted with a tree. There are companies that offer living urns - like TheLivingUrn.com or UrnaBios.com - that mix your ashes with other nutrients that can be used to grow a plant or tree in your yard or a place of your choosing.

**Scatter them at sea:** If you love the water, there are many businesses that offer ash scattering services at sea, especially close to coastal areas, or your family could rent a boat and do it themselves. There are also companies like EternalReefs.com that offer reef memorials so your ashes can rest on the ocean floor.

**Scatter them by air:** This option will scatter your ashes into the sky so the particles can be taken by the wind. To do this, they could hire a private plane, helicopter or hot air balloon service, or use a balloon scattering service like Mesoloft.com. Or they could even send your ashes into outer space with Celestis.com.

**Turn them into a record:** If you love music, a UK company called Vinyly (Andvinyly.com) will turn your ashes into a vinyl record. You supply the music (or voice recording) and cover image, and the company creates a memorial that your family can listen to for years to come.

**Turn them into jewelry or glass:** If you love jewelry or glass trinkets, there are companies - like CloseByMeJewelry.com, SpiritPieces.com and ArtFromAshes.com - that will turn your ashes into wearable jewelry or glass art memorials.

**Go out with a bang:** If you're a hunter or a gun lover, a company called Holy Smoke (MyHolySmoke.com) will create loaded ammunition out of cremated remains. Your family could store the ammo in the engraved wooden box it comes in, or they can send you off in a gun salute.

**Turn them into art:** If you love art, arrange for an artists or family member to paint your portrait, or a picture, with some of your ashes mixed into the paint. Or, if your family is into tattoos, many tattoo artists will mix some ashes with ink to create a memorial tattoo.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

## What About Cremation? So You're Considering Cremation...

The reasons for choosing cremation vary from individual to individual. But as with all funeral arrangements, there are many options available regarding the cremation itself, services, price ranges, and what to do with the ashes. Please send for this informative brochure to help answer any questions you may have. It's free & you'll learn about the endless choices available to you.



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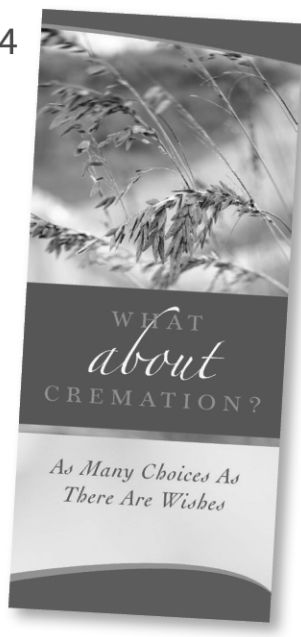
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**SBT** In space, astronauts cannot cry properly, because there is no gravity, so the tears can't flow down their faces!





Melissa Mahaffey (left) and Nancy McCurdy (middle) spend time with an Oklahoma Christian University student at Tealridge.

LEGACIES

Continued from Page 1

For the students, it’s a chance to learn and grow.

For residents, it’s a chance to share their legacy.

“We’re studying it out of the book. Now they get to take that and put it into context and personalize it,” Winn said. “My goal is for them to take the theories and the ideas and apply them in a way that it’s meaningful. It’s going to enhance their understanding and break down some of the myths and increase awareness and comfort levels among the generations.

“It’s one thing to learn it out of the book but then when it gets applied and contextualized it becomes meaningful and something that can be used.”

Winn’s doctorate is in counseling and student personnel. She’s taught in psychology and family science areas since 1998.

She’s taught at the University of Science and Arts of Oklahoma in Chickasha and Northwestern Oklahoma State University in Alva.

She says this program is one of the most meaningful she’s participated in because of the chance for both sides to benefit and share.

“At the end (of the course) my ultimate, bottom line hope is for them to have a deep understanding of people in this stage of life but

also in themselves and how they see themselves progressing,” Winn said. “Once we break down some of the myths it really impacts how we live today even if we are not in late adulthood we are heading there.”

Facilitating the program is Tealridge Executive Director Melissa Mahaffey, MHA.

“Each retiree has a wonderful story to tell,” Mahaffey said. “Each individual - both students and residents - will be blessed beyond measure for the time that they will be able to spend with one another.”

“We have residents that have life experiences that are unmatched to any textbook at any level of education. Each participant will no doubt have a better understanding of what was life some six decades ago or even longer. Socialization, meaningful interactions and purposeful life is what it is all about. We are very fortunate to be able to partner with such a great professor and students.”

Each student is paired with a resident for the entirety of the semester. Over the course of the semester, weekly meetings will occur.

Winn said one of the goals is to reinforce how active of a demographic the senior population represents. Learning from that group and getting feedback on issues ranging from government

policy to religion to family values will be vital to students as they begin their careers in their chosen fields.

Every day in the U.S., 10,000 people turn 65, and the number of older adults will more than double during the next several decades to top 88 million people and represent more than 20 percent of the population by 2050.

“I strongly believe that communication and knowledge are

important for all generations,” Mahaffey said. “Each generation has something to share with each other - whether it be a skill, true historical accounts of memorial events, or just a way to share knowledge about an important event in someone’s life. Bridging the gap between generations will absolutely be a meaningful memory for both resident and student.”

And it all starts with a conversation.

SITUATION UPDATE: COVID-19

COVID-19 Oklahoma Test Results

COVID-19 Cases	1,019,489
New Cases	1,161
New Cases 7 day Average	886
Active Cases	6,385
CDC/NCHS Provisional Deaths	14,541
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	14 (3)
Region 2 (NE)	35 (14)
Region 3 (SW)	89 (20)
Region 4 (EC)	44 (9)
Region 5 (SE)	16 (3)
Region 6 (Central)	52 (10)
Region 7 (Tulsa)	212 (61)
Region 8 (OKC)	271 (52)
Total	733* (172)
Other Types of Facilities	
Focus Facilities	58 (13)
Rehabilitation Facilities	5 (0)
Tribal Facilities	8 (2)
Other Facilities Total	71 (15)

\*As of 2022-02-26 at 7:00 a.m.





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# 2022 Oklahoma Mother of the Year® Announced

Robyn Sunday-Allen of Edmond was selected as the 2022 Oklahoma Mother of the Year®. She is the 76th woman in Oklahoma history to hold this honor. She (Cherokee) currently serves as the Chief Executive Officer for the Oklahoma City Indian Clinic. She has been recognized for her work and leadership with the Indian Health Service’s Lifetime Achievement Award; Luana Reyes Leadership Award; The Journal Record’s 50 Making a Difference Woman of the Year Honoree 2009, 2010, and 2012; The Journal Record’s Oklahoma’s Most Admired CEO Honoree 2009-2011; and was inducted as the first-ever CEO in Oklahoma’s Circle of Excellence. An Oklahoma proclamation from Gov. Brad Henry declares November 14 Robyn Sunday-Allen Day.



Robyn Sunday-Allen.

Sunday-Allen, along with

honorees from states across the United States, will be recognized

See MOTHER Page 7



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## MOTHER

Continued from Page 6

during the 87th National Convention of American Mothers, Inc. this April. One honoree will be named the National Mother of the Year® during the convention.

Since 1935, American Mothers, Inc. has had the honor of searching for and selecting the Mother of the Year® in every state, district and territory in the country. "Now more than ever, people are seeing the work that goes into motherhood and truly recognizing the resiliency of mothers. It is an honor to be an organization that has built a legacy network of moms across the nation while sharing their stories of strength and inspiration," said Joyce Stevens, President of American Mothers, Inc.

For a full list of Mother of the Year® honorees please visit [AmericanMothers.org](http://AmericanMothers.org). Nominations for Mother of the Year® are accepted annually, Mothers Day - September 15. For general media inquiries or to set up an interview with the 2022 Oklahoma Mother of the Year®, contact Sabrina Wisner-DeWitt at [news@americanmothers.org](mailto:news@americanmothers.org).

Robyn Sunday-Allen (Cherokee) currently serves as the Chief Executive Officer for the Oklahoma City Indian Clinic. She attended the University of Oklahoma, where she received her BA in Psychology, BSN in Nursing, and MPH. She is currently on the Board of Advisors for Greater OKC Chamber of Commerce; State of Oklahoma Chamber of Commerce; New View Oklahoma; Oklahoma Quality Foundation. She is also a Graduate of Leadership Oklahoma City Class XXIX and Leadership Oklahoma Class XXVI. She has been recognized for her work and leadership with the Indian Health Service's Lifetime Achievement Award; Luana Reyes Leadership Award; The Journal Record's 50 Making a Difference Woman of the Year Honoree 2009, 2010, and 2012; The Journal Record's Oklahoma's Most Admired CEO Honoree 2009-2011; and was inducted as the first-ever CEO in Oklahoma's Circle of Excellence. An Oklahoma proclamation from Gov. Brad Henry declares November 14 Robyn Sunday-Allen Day. She is married to Russell and they have one son, Eli.



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# OKC Dodgers Opening Day April 5

Story and photos by Darl DeVault, Contributing Editor

Despite uncertainty at the Major League Baseball level, the Chickasaw Bricktown Ballpark will host 75 Oklahoma City Dodgers games during the 2022 season, adding three Salt Lake Bees games to close out the season.

Opening Night is Tuesday, April 5, against the Albuquerque Isotopes, with the first of 14 fireworks nights this season, including after each Friday home game. The rest of the season will see Tuesday through Sunday home stands, as the schedule is designed for Mondays off.

"After two years, we are looking forward to things finally getting back to normal at Chickasaw Bricktown Ballpark," said OKC Dodgers President/General Manager Michael Byrnes. "We thank all of our fans who have been patient during that time, having no baseball season in 2020 and reduced-capacity crowds for most of 2021. This year is shaping up to be as exciting as ever, both on the field as well as getting to unveil

several new amenities at the ballpark."

For the first time since 1995, MLB spring training will not start on schedule as MLB, and the MLB Player's Association are embroiled in baseball's ninth work stoppage.

The ongoing MLB lockout will not interrupt the OKC Dodgers' upcoming season or impact the Minor League Baseball schedule. Players on minor league contracts are still eligible to appear in games regardless of a work stoppage in MLB.

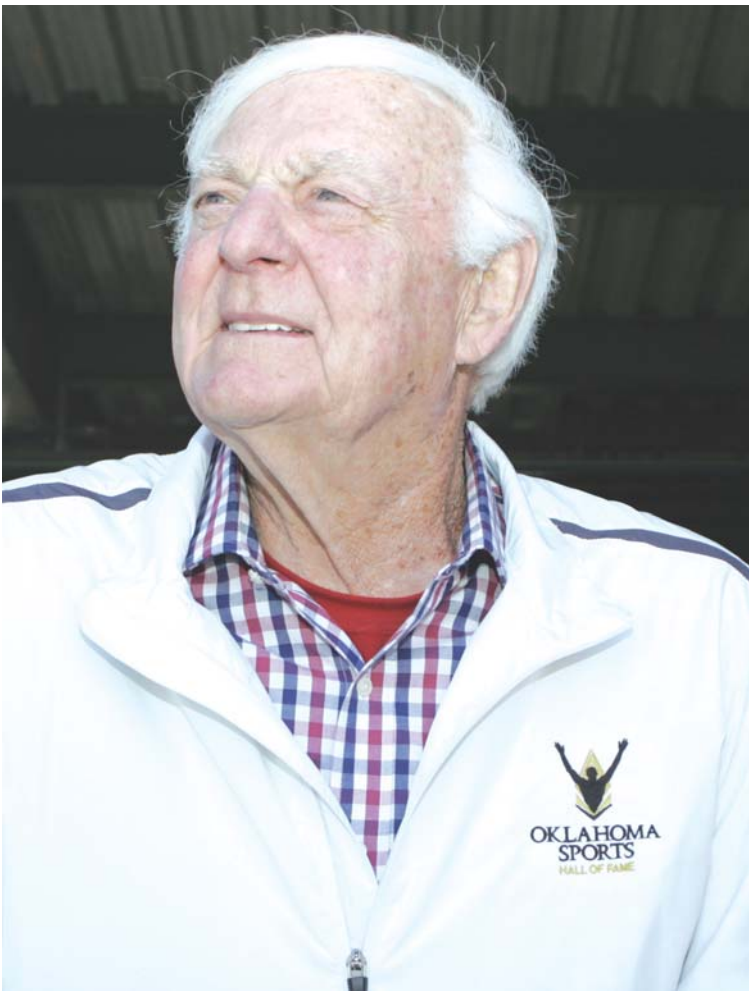
LA Dodgers prospects and minor league players — those not represented by the MLB Players' Association, will play for the OKC Dodgers.

Seniors with an appreciation for the game and Minor League Baseball can invest in the only sure crack of the bat and roar of the crowd to start the season by securing season and single-game tickets before they are gone.

For seniors who played the game in their youth or those who attend this fan-favorite with the youth in their family.

Otherwise, it is Internet/radio where award-winning Dodgers' sportscaster Alex Freedman delivers the play-by-play on AM 1340 "The Game" or through the iHeartRadio mobile app.

The Dodgers start their second season in the Triple-A West. Most of the games will be against



In this March 28, 2015, photo LA Dodgers 1959 World Series Winner Don Demeter, who died in November, attends an OKC Dodgers preseason event at Chickasaw Bricktown Ballpark.

See DODGERS Page 9

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## DODGERS

Continued from Page 8

teams in the East Division, including Albuquerque (Colorado Rockies), El Paso (San Diego Padres), Round Rock (Texas Rangers) and Sugar Land (Houston Astros). In addition to Salt Lake (Los Angeles Angels), the Dodgers will also host four other members of the West Division: Las Vegas (Oakland A's), Reno (Arizona Diamondbacks), Sacramento (San Francisco Giants) and Tacoma (Seattle Mariners).

Fan-friendly surroundings at the ballpark are a complete recipe for family fun. The venue offers amenities designed to entertain children of all ages.

There is plenty of room for kids to play on playground structures and the grassy hillside, and kids can run the bases after each Sunday home game.

The ballpark features an outdoor picnic area on the large concourse surrounding the outfield. It is wide and runs around the entire facility. This allows fans to walk around the park to see every angle of play from all the venue's dimensions. Parents can attend to their restless little ones and still watch the game by showing them the pitchers warming up in both bullpens from the outfield concourse.

Many fans enjoy looking at the

history of baseball in Oklahoma portrayed on murals around the concourse. The ballpark boasts bronze busts of Oklahoma stars and three larger-than-life bronze statues of Oklahoma's National Baseball Hall of Famers Mickey Mantle, Johnny Bench and Warren Spahn.

Single-game tickets go on sale on March 1 and can be purchased through okcdodgers.com. Prices range from \$12-32. Group outings and season ticket plans are also available. Call (405) 218-1000 for more information.

In local LA Dodgers news in the offseason, Oklahoma City's humble MLB World Series Winner, Don Demeter, died in November at 86.

With the LA Dodgers, Demeter's 18 home runs and stellar outfield play helped in the run to the Championship in 1959. Later, in seasons split by playing for the Philadelphia Phillies and the Detroit Tigers, he roamed center field for 266 consecutive errorless outfield games to set the MLB league record at the time.

Many Oklahomans remember him as the pastor of the Southern Baptist Grace Community Baptist Church in south Oklahoma City. He founded the church and pastored it for 16 years. He and Bobby Morgan, 95, were the only Oklahoman City residents to star on the Brooklyn Dodgers before their move to Los Angeles.

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# HEALTH

## Stephenson Cancer Center Offers New Advanced Imaging Tools Cancer Detection

The most advanced imaging tools available to date were used recently at OU Health to help identify and confirm staging in men at risk for spread of cancer and progression of prostate cancer after treatment.

According to Michael Cookson, M.D., chief surgical officer of the OU Health Cancer Division and urologic oncologist with OU Health Stephenson Cancer Center, a new imaging method known as PSMA-PET scans (prostate-specific membrane antigen) is now available at Stephenson. Cookson said the new technology shows great promise for highly accurate detection of metastatic tumors – those which spread to other regions of the body

- of the prostate.

In December, the Food and Drug Administration (FDA) approved Gallium 68 PSMA-11 (Ga 68 PSMA-11). It is the first drug for positron emission tomography (PET) imaging of PSMA-positive lesions in men with prostate cancer. The PSMA PET scan represents a significant advance over conventional imaging tools, and delivers the highest level of accuracy. The technology uses the same equipment but the injection of PSMA is a remarkable innovation. These images are used in conjunction with CT scans to more precisely identify the location of the cancerous mass.

For years, men diagnosed with prostate cancer have undergone more conventional CT scans or bone scans to determine if the cancer has spread to other areas. While these forms of imaging have been the standard of care in the United States and many other countries, they are not without limitations. Cookson said traditional scans are valuable, but can't always detect very small tumors.

See TOOLS Page 11



Michael Cookson, M.D., chief surgical officer of the OU Health Cancer Division and urologic oncologist with OU Health Stephenson Cancer Center.

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# Data Shows Workforce Crisis Continues Among Long Term Care Facilities

As COVID-19 continues to spread across the world, the workforce challenges in the U.S. long term care industry, which have been exacerbated by the pandemic, remains at a crisis level. Unless Congress acts, nursing homes and assisted living communities will increasingly have to take drastic measures, furthering limiting access to care for vulnerable seniors.

According to the Bureau of Labor Statistics (BLS), nursing homes have lost 238,000 caregivers since the beginning of the pandemic. A report from the American Health Care Association/National Center for Assisted Living (AHCA/NCAL) summarizing BLS data with new January numbers showed that overall long term care workforce levels are the lowest they have been in 15 years.

While a labor shortage exists across many health care settings, BLS data illustrates the dramatic scope of the challenge facing the long term care industry in particular. For instance, hospitals have lost two percent of their workforce, compared to a 15 percent workforce decline among nursing homes and a seven percent decline among assisted living communities.

As pandemic burnout worsens, skilled caregivers are looking elsewhere for work. While many long term care providers have dedicated extensive resources to honor frontline heroes' extraordinary efforts, current government reimbursement rates limit their ability to make additional investments and compete against other employers for workers. Without action from policymakers, our nation's most vulnerable seniors risk reduced access to care as facilities are forced to limit admissions or even close down altogether.

On Thursday morning, the U.S. Senate Subcommittee on Employment and Workplace Safety will hold a hearing to examine the pandemic-related workforce shortage in health care settings. As this historic crisis continues, the hearing reinforces the need for lawmakers to take new action to ensure long term care providers have the resources and recruitment tools they need to provide the high-quality care our nation's seniors deserve. This is the time for lawmakers to make a commitment to investing in our health care heroes and building up the next generation of caregivers.

Before any more long term care facilities have to limit admissions or close their doors, lawmakers should provide our frontline caregivers with the resources they need.

## TOOLS

Continued from Page 10

"CT scans use x-rays, which aren't always effective in locating individual prostate cancer cells, and bone scans may include false positives, as they detect bone damage or abnormalities unrelated to cancer," he explained. "This new tool is superior and is another reason OU Health is at the top of its game to detect and treat prostate cancer. Our patients rely on OU Health for informed direction in care, not only to determine the best course of treatment, but also to provide the best, most advanced options."

The procedure is advantageous for patients who:

- Are newly diagnosed and at high risk for spread of the cancer
- Have recurrent prostate cancer after failed primary treatment
- Have metastatic disease who may be progressing on therapy

According to the American Cancer Society, prostate cancer is the

most common cancer in American men, other than skin cancer, and about one in eight men will be diagnosed with prostate cancer during his lifetime. Estimates for 2022 suggest that 34,500 men will lose their lives to prostate cancer. The risk of prostate cancer increases with age and is influenced by family history. It is more likely to develop in older men and in non-Hispanic Black men. It is rare in men under 40.

Cookson said the PSMA-PET makes it possible to detect the presence of cancer earlier, even though a PSA score may be comparatively low. There are greater opportunities to find small site cancers or detect lymph node involvement for earlier, more accurately staged treatment. In addition to these treatment advantages, the PSMA-PET, now available in Oklahoma, means patients do not have to bear the additional expense of out-of-state travel, and the procedure is covered by insurance in most cases.

# Scholarship applications being sought

Scholarship applications are being sought for the 2022 Oklahoma Chapter Hearing Loss Association scholarships. Oklahomans with hearing loss who plan to attend higher education in the fall of 2022 are encouraged to apply. The application deadline is April 4, 2022.



This will be the 7th year scholarships have been offered. The local chapter has given away \$16,000 to Oklahoma students and this year there will be 3 awards of \$1,500 each. The Scholarship Application and Rules are available on our website: [oklahomahearingloss.org](http://oklahomahearingloss.org)

*The Hearing Loss Association of America Central Oklahoma Chapter is a 501(c)3 tax exempt organization. Our chapter is run entirely by volunteers. There are no paid positions. [HLAA hopes to open the world of communication to people who have a hearing loss by providing information, education, support, and advocacy.]*

# INTEGRIS Hospice and Palliative Care Services Grief Support Group

INTEGRIS Hospice and Palliative Care Services is hosting a free Grief Support Group facilitated by Chaplain Kelly Russell.

The next series will be on Thursdays from 6:30 – 8 p.m., from March 3 through April 7, 2022. The meetings will be held in the INTEGRIS Health Hospice Administration Building, located at 5710 N.W. 130th Street in Oklahoma City.

If you have lost a loved one, grief is a normal and natural response. Sharing your grief with others and listening to the experiences of others can help you to be heard and know you are not alone in your grief. The program is free of charge, but space is limited. To enroll, please call 405-609-4578 or register online.

To register online, click here: [Grief Support Group | INTEGRIS Health \(coursestorm.com\)](https://coursestorm.com)

To learn more about our grief support program, click here: <https://integrisk.com/locations/hospice-and-home-care/integrisk-hospice-in-okc/grief-recovery-resources>

# Colorectal Cancer Surgeon to Discuss Colon and Rectal Cancer

An OU Health Stephenson Cancer Center colorectal cancer surgeon will discuss treatment options for all stages of colon and rectal cancers from noon to 1 p.m., Thursday, March 24.

During the virtual presentation, Steven Carter, M.D., will talk about surgical interventions and clinical trials. After a brief talk, attendees will be able to engage in a question and answer session with the doctor.

Carter is part of the colon and rectal cancer surgery program at Stephenson Cancer Center, which is run by a multidisciplinary team of experts who focus on the full spectrum of care, including prevention, detection, treatment and survivorship.

The presentation is offered at no cost to participants. Advance registration is required by going to: [https://us06web.zoom.us/webinar/register/WN\\_a4qrWxuCQpW8dDtV8MOVWQ](https://us06web.zoom.us/webinar/register/WN_a4qrWxuCQpW8dDtV8MOVWQ). Registrants will receive a confirmation email containing information about joining the meeting.



## TRAVEL / ENTERTAINMENT

# New Orleans Tennessee Williams Literary Festival: A March Tradition

Photography and Text by Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

If you have been following my travel and entertainment articles for a while, you will recognize my affinity for New Orleans especially during their Tennessee Williams Literary Festival. This year it's returning to the French Quarter slated for March 23 - 27. I enjoy the ambiance of the French Quarter and no more than when a festival is on tap. Again this year the TWF is filled with drama, workshops, food and libations. Special guests often are invited to speak and it's a chance to be up close and personal with celebrities you might never get a chance to meet. In past years I have had the pleasure of meeting, Bob Schieffer, Richard Thomas, Tab Hunter. Cokie Roberts, Rex Read and Tennessee Williams brother, among others.

While the organized festival offers a lot to take in, its main attraction might just be the atmosphere, history and romance of the French Quarter itself, where in its lanes you can discover shops, eateries and museums for your personal exploration.

The festival press release offers a plethora of information for your consideration and in purchasing tickets to the offerings.

"After a canceled Festival in 2020 and a Virtual Festival last year, we are so happy to be returning to our home at the Hotel Monteleone once again for our five-day Festival," said Paul J. Willis, Executive Director. "Our speakers and patrons are excited about our return, and we can't wait to celebrate the 75th anniversary of 'A Streetcar Named Desire' with everyone. Several of our special events focus on this beloved Pulitzer Prize-winning play, including our opening night, tribute reading, and breakfast book club. We are working with city officials to create the safest environment possible so everyone can enjoy the Festival once again."

The 2022 program includes writer's craft sessions, literary discussions, theatre, food and music events, a scholars conference, several walking tours, a book fair, writing marathons, and special evening events and social gatherings.

Opening Night of the Festival kicks off March 23, co-hosted by two-time Tony Award winner, Michael Cerveris, and New Orleans singer-songwriter, Ars ne DeLay. The evening will toast "A Streetcar Named Desire" with musical performances, scenes from the play, Harry Mayronne's Marionnettes, drag queens, and more.

The annual Tennessee Williams Tribute Reading returns with Williams' poetry, prose, and letters, as well as some surprising reviews, critical responses, adaptations, draft material, and playful insights into the enduring cultural reception of "A Streetcar Named Desire." Readers include Pulitzer Prize-winning poet Jericho Brown, Michael Cerveris, Brenda Currin, Jewelle Gomez, among others.

TWFest is hosting "Cocktails with Tennessee: Making Magic Happen With 4 Drinks Inspired by His Characters." Bakery Bar's Joe Witkowski, will meld his bartending and theatrical skills to create one-of-a-kind cocktails. Sue Strachan, author of "The Caf  Br lot," will join him at New Orleans' classic restaurant, Antoine's.



The Tennessee Williams Theatre Company of New Orleans, in collaboration with **TWFest**, will perform a night of Tennessee Williams spoofs that showcase the playwright's most iconic characters and plots in a completely different style.

Most Festival events take place in New Orleans' historic French Quarter. Sites providing generous support include Hotel Monteleone, the Festival's host hotel; The Historic New Orleans Collection; Williams Research Center; the New Orleans Jazz Museum; Beauregard-Keyes House; Muriel's Jackson Square; and Palm Court Jazz Cafe; among others.

Festival Tickets are on sale now. Prices for most individual events range from \$10 to \$45. For more information and a full listing of events visit [tennesseewilliams.net](http://tennesseewilliams.net). Find them on Facebook, Twitter, and **Instagram** @TWFestNOLA.

### Mr. Terry Zinn - Travel Editor

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# Integris launches innovative care model



**Integris Health nurses, doctors, and other therapies are teaming to provide patient care at home through a unique program model. Photo provided.**

by Bobby Anderson, Staff Writer

With hospitals nationwide struggling with bed availability, Integris Health has embarked on a new healthcare model that could revolutionize the way patients receive care, all in the comfort of their own homes.

"Really what opened up the need for this is clearly the surge we've had with the Covid pandemic," said Lisa Rother, RN, director of Integris Health@Home. "It's opened up payor's eyes to actually reimburse hospitals for innovative care models that allow us to extend access to care within other creative environments such as the home environments."

With the onslaught of COVID-19, health systems everywhere have turned to technology to find better solutions for patients. Virtual doctor visits once thought impossible are now considered routine. In the pursuit of constant innovation, Integris Health partnered with Medically Home Group, Inc. to provide hospital-level care to patients in the comfort and convenience of their own homes.

"We have to demonstrate all of the care we could provide in

a brick and mortar hospital that we would be able to support and provide that same level of care in the home environment," Rother said. "Now that we have a payor model that will allow us to bill for patient care it really allowed us to seek partners in helping us to provide a model of care we can deliver in that home environment."

The command center that receives all the data is monitored 24/7 by a team of Integris Health physicians and nurses who will respond to a patient's medical needs via video or telephone.

Daily in-home visits by a nurse practitioner and other health care professionals are also part of the treatment plan. IV therapies, oxygen treatments, lab tests, mobile imaging like x-rays, and ultrasound are all performed in the home. Other services include skilled nursing, medications, infusions, behavioral health, and rehabilitation.

Integris Health@Home at Integris Baptist and Southwest Medical Centers are now seeking qualifying patients to receive acute hospital-level care in the comfort and

convenience of their own homes.

Patients consenting to admission into this model of care must meet inpatient admission criteria, live within a 30-mile radius of the admitting hospital, and have the clinical and social stability to receive care at home.

Common conditions for patients receiving acute care in the home include congestive heart failure, respiratory ailments, diabetes complications, infections like pneumonia, as well as COVID-19.

"We began researching innovative ways to provide this type of care to eligible patients before the pandemic began, but the COVID crisis prompted us to accelerate our timeline," said Timothy Pehrson, president, and chief executive officer of INTEGRIS Health. "We see the benefit as twofold. The program allows our patients to heal in a familiar environment surrounded by loved ones while improving access by opening up beds for other high acute issues."

Qualifying patients will receive a remote patient monitoring kit and other home health equipment as

needed for their particular diagnoses. Standard equipment includes a blood pressure monitor, pulse oximeter, cellular-enabled digital tablet, and a digital scale. Based on need, additional equipment such as a continuous heart rate and oxygen sensor will be added. All the devices connect to a tablet through Bluetooth and transmit vital signs to a remote monitoring center. Patients are also given an emergency call bracelet.

The Integris Health@Home Command Center hospitalists and nurses connect with the patient through telehealth visits scheduled regularly throughout the day coupled with caregiver visits to the home to administer medications, deliver equipment and supplies, and perform clinical procedures.

The Integris Health@Home Command Center is located at Integris Baptist Medical Center Portland Avenue

Rother said patients will also have the ability to contact their nurses directly as needed through



# RSVP of Central Oklahoma Welcomes New Board and Advisory Council Members

The Retired Senior Volunteer Program (RSVP) of Central Oklahoma announces new members to its board of directors, Maria Fernanda, and to its advisory council, Jamie Jeter.

Fernanda is the Community Outreach Specialist with Blue Cross/Blue Shield of Oklahoma. She holds a bachelor's degree in family studies from Southern Nazarene University. She serves on the board of Possibilities Inc.; Calm Waters, serving on the fundraising committee; and the United Way of Central Oklahoma, serving on the allocation committee. She has served as a member of the Calle Dos Cinco civic group and served on the Citizens Advisory Board for the City of Oklahoma City. In addition, she has volunteered with Hilltop Pediatrics and the Integris Mobile Clinic.

RSVP of Central Oklahoma welcomes back seasoned advisory

council member Jamie Jeter, who previously served a three-year term on the advisory council. Jeter retired from working in contracting and finance at Tinker Air Force Base after 37 years, serving in management the last eight years of her career. She is an avid volunteer, serving at Alliance Health, Midwest City, as auxiliary treasurer and office manager and a strong supporter of RSVP's mission.

Since 1973, RSVP of Central Oklahoma has helped older adults continue to live with purpose and meaning by connecting them with rewarding community volunteer opportunities, including RSVP's Provide-A-Ride Senior Transportation Program. RSVP is a partner of AmeriCorps Seniors and the United Way of Central Oklahoma. To learn more about RSVP of Central Oklahoma, call 405-605-3110 or visit [rsvpokc.org](http://rsvpokc.org). You can also follow RSVP on Facebook at [facebook.com/RSVPokc](https://facebook.com/RSVPokc).



Maria Fernanda Board Member



Jamie Jeter Advisory Council

## MODEL

Continued from Page 13

the push of a button.

"Technology is enabling us to provide the right care to patients in a way that is safe and helps them recover where they are most comfortable," Pehrson said. "As the Hospital at Home model continues to expand across the country, we expect more and more patients will choose to receive this high-quality care at home."

Research backing the clinical benefits of remote patient monitoring has been available for well over a decade, with a study published back in 2005 showing that hospital-at-home care resulted in patients having a shorter length of stay — 3.2 days versus 4.9 days — and fewer complications.

A Kaiser Permanente study revealed that of 13,055 patients enrolled in its COVID-19 Home Monitoring program between April 2020 and February 2021, 95.5 percent recovered and completed the program, 10.6 percent were admitted to the hospital, and 0.2 percent died. The model will be offered at Integris Canadian Valley and Integris Health Edmond in late spring.

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## TINSELTOWN TALKS:

# Sharon Gless writes of rewarding, challenging Hollywood journey

By Nick Thomas

Not even a youthful warning from her grandfather, a powerful entertainment attorney during the Golden Age of film, could prevent Sharon Gless from attempting the journey to Hollywood.

Neil S. McCarthy, who counted Cecil B. DeMille, Katharine Hepburn, and Lana Turner among his clients, cautioned his young granddaughter that the movie industry could be a "filthy business." Aided by loyal friends and associates, however, as well as possessing a fierce determination to succeed, Sharon beat the odds to find stardom as recounted in her December autobiography "Apparently There Were Complaints" (see [www.sharongless.com](http://www.sharongless.com)).

Appearing in just a half-dozen feature films, Gless focused her career on television. Since 1970, she

guest-starred in numerous TV movies and series and received wide acclaim for starring roles in several popular shows including the 80s CBS crime drama "Cagney & Lacey."

"It changed the history of television for women," said Gless from her home on private Fisher Island, a short ferry ride from the coast of Miami. Gless portrayed New York detective Christine Cagney alongside Tyne Daly (detective Mary Beth Lacey). The tough but flawed duo regularly dealt with serious social issues.

During the show's run, Gless and Daly dominated the Emmy season, winning for Best Lead Actress in a Drama each year (four for Daly and two for Gless). Of her co-star of six years, Gless has only praise.

"You might think we'd be

# Apparently There Were Complaints



Cover of her memoir by Sharon Gless, *Apparently There Were Complaints* - provided by publicist

competitive on the set, but not at all," she said of Daly. "When you're working, any sort of competitiveness is good for no one. She was a real pro and we were totally there for each other throughout the series. Since COVID, we talk on the phone almost every day."

Gless credits others for guiding her journey including Monique James, head of the talent department at Universal Studios where Gless was under a seven-year contract. "She was so tough I always felt she would protect me, and she did. When I left the studio, she came with me as my manager for many years."

Barney Rosenzweig was the executive producer of "Cagney & Lacey" and with whom Gless began an affair towards the end of the show's run. Despite their on-and-off-again personal relationship, Rosenzweig remained a loyal supporter of Gless's career. The couple would eventually marry and remain together today. "We have an interesting history together that's outlined in the book, but love and respect each other enormously."

Gless followed the hit crime show with other successful series such as "The Trials of Rosie O'Neill," "Queer as Folk," and "Burn Notice," receiving multiple award nominations or wins including a Golden Globe for Rosie O'Neill. And although she stumbled along the way (leading to the title of her book) with alcohol problems, weight issues, recurring pancreatitis, and complicated relationships, she never found Hollywood to be the "filthy business" her grandfather labeled it.

"It hasn't always been an easy road, but I made my own way helped by people who believed in me," she says. "Television is an amazing medium and I've been fortunate to be part of it."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.tinseltowntalks.com](http://www.tinseltowntalks.com).

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# Blessings of a hospice nurse

## Check your pride at the door

by James Coburn - Staff Writer

Wendy Young knew she wanted to be a hospice nurse before attending nursing school. She has been with Frontier Hospice for nearly five years and serves as a case manager in the Oklahoma City metro.

"Everybody said, 'Oh, you're going to change your mind. You're going to learn about all these different types of nursing and change your mind.' I never did, but one thing you ran into at that time was you had to have nursing experience before you could be considered for a position," said Young, a registered nurse.

She began her career in health care after earning her LPN credentials at Canadian Valley Technology Center in El Reno. After serving as an LPN for three years she earned her Associate in Applied Science degree to become a registered nurse after graduating

from Oklahoma City Community College. Her nursing experience includes working for the Veterans Administration in Norman, and workers compensation. Having served as director of nursing at Shannon Springs Nursing Home in Chickasha helped her move to hospice care, she said.

"I have a strong belief that none of us are brought into this world alone and none of us should leave this world alone," Young said. "I think that for families it can be one of the hardest things they ever do — being with a family member and going through that in a home setting — it can also be one of the most beautiful and precious things they can ever do for a loved one. I think being in an environment where you're familiar with the smells and the sounds and the people that you love — I hope when it's my turn

that my family will give me that gift."

Young's mother was one of 12 children. So, she has many uncles and aunts who are elderly. Being a hospice nurse serves mostly older adults, but also younger people. Young embodies a natural affinity with the elderly. She affectionately calls them her LOLs and LOGs, meaning little old ladies and little old guys.

One of her opportunities she is most proud of by working for Frontier Hospice is they will go above and beyond in helping a patient or family in need.

"We have several non-funded patients that Frontier covers the cost of their care," Young explained. "If you have entered that time of your life where you're at the end of your life, it shouldn't matter if you have insurance or Medicare or what not. That brings in a

human aspect for me that we are all people, not just names and numbers."

Young is grateful for the caring hearts of her coworkers that compliments her need to be compassionate as well, she said.

Her advice to anyone considering a career in hospice is to be in touch with your compassion. Be prepared with the technical aspects of palliative care, but at the end of the day a hospice nurse should always share their love with people, she said. It's vital to willingly accept people where they are in their life's journey.

"This is not my story. This is their story," she said. "And I'm just being allowed to be a part of that story."

A hospice nurse needs to check their pride at the door, shine with unconditional love and understand

Continued next page

### CROSSWORD CORNER

Across

1 One of the Three Bears

5 Pro concerned with Apr. 15

8 Like one liable for libel

14 Tons

15 The Boston Bruins retired his #4 in 1979

16 Like mosaic stones

17 Ilk

18 \*Nostalgic place for a walk

20 Patella

22 Sign of summer

23 D.C. figure

24 Alabama march city

25 Porcine sounds

27 \*Place to pursue pleasure

33 Brought back to its original condition

36 Song for a diva

37 Sturdy tree

38 Some shower components

42 Overnight option

43 Plumbing concern

45 Fixed, as old shoes

47 \*Place with no options

51 Relaxed

52 Trivial, as issues

56 Have debts

59 Without end, to the Bard

60 Cry of approval ...

and what the end of each answer to a starred clue is

62 \*Evidence in white-collar crime

65 Dunkable cookie

66 Aphrodite's love

67 Web address

68 Measure of versatility

69 Renter

70 Map part

71 Measure of proficiency

Down

1 Batman and Robin wore them

2 Without help

3 Type of mushroom

4 NFL passing stat

5 Robin Cook's breakout 1977 novel

6 Pre-cooking job

7 Limb on a rest

8 Fire alerts

9 Break up, as a bovine team

10 Without exception

11 Ewe sounds

12 One drawn in the sand

13 First home

19 Potpourri

21 Pool shot

25 Said, "I'll have the lobster," say

26 Health resort

28 Rage

29 Bumped into

30 Seed cover

31 Diner sticker

32 Round of applause

33 Went in a taxi

34 Merit

35 Icy street risk

39 "\_\_\_ the ramparts ... "

40 P-like Greek letter

41 Sordid

44 Author of macabre tales

46 Remove from text

48 Spenser's "The \_\_\_ Queene"

49 Fly to avoid

50 Bonn mister

53 Like Odin and Loki

54 Curved moldings

55 Fowl pole

56 Australian gem

57 Walk in the shallows

58 Grand-scale poetry

60 Line with a plug

61 One on your side

63 Sunny pair?

64 Arctic diving bird

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Answers on page 26

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## HOSPICE

Continued from Page 18

they are becoming part of their patient's lives.

A hallmark of Frontier Hospice is offering holistic care for the entire person. Nursing support involves 24/7 care. Young is always a phone call away for those needing help. Nurse aides provide hygiene care for people. A non-denominational chaplain service is available for anyone seeking spiritual support. Social workers help families navigate helpful sources to ease life.

"If their goal is to stay in the home, we try everything we can to make that happen for someone," Young said.

She has a support team out in the field whenever she has a concern. But the work is not drudgery. Young believes she works with one of the most loving groups of nurses in the state of Oklahoma. Nurses discuss their patients' individual needs during staff meetings. The nurses share their stories of humanity.

"I know that in the field if I have a problem that needs solving, I have five or six people I can immediately call," she added.

"I admire that a lot, and everybody knows that we are all a team."

The question of why hospice was recently asked of the nursing staff to explain at a recent meeting.

"To my knowledge I've never had a family member on hospice services," she said.

Young recalls hearing the term, hospice, mentioned for the first time at the VA.

"Outside of that I just knew. I know that I am called to this field. I believe when it gets down to it, this is one of the purest forms of nursing. I'm not trying to fix anybody, I'm just trying to care and help keep people comfortable," Young said.

The goal of hospice is comfort and quality, she pointed out.

"I feel really blessed and that's something I am sure of," Young said.

For more information visit [www.frontierhospice.com](http://www.frontierhospice.com) or call 405-789-2913 (Moore location) or 405-395-2184 (Shawnee location).



Wendy Young's heart has plenty of room for hospice care as she offers comfort and care to patients and their families at perhaps the most vulnerable time of life.



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Special to SN&L: Marty Coffin Evans

Making that Bucket List

By Marty Coffin Evans, Columnist

Not long ago, I attended a party celebrating my friend, Diana. Caring Bridge entries likely caused this to happen. She became the hostess rather than our hosting her as we'd planned. What a great time to celebrate with others who matter in our lives – family, colleagues from different work locations, service club members and more. Her parting gift to us – her Bucket List.

Introducing her list, Diana noted she had done some of the listed things and wished she could do them again. She included activities she never got to do.

What would such a list of 21 items encompass? Hers contained ones pertaining to people (9), places (6) and things (6). The “people” examples included being a grandparent (devoted, joyful, committed), reconnecting with someone not spoken to in a long time, asking for or forgiving someone needing forgiveness, and practicing gratitude every day for family (daughters in her case), friends, relatives and furry friends.

“Place” examples take us on cruises whether with Viking up a river or one through the Greek Islands, touring Ireland, canoeing the Quetico and hearing the loons again along with sitting on a beach and listening to an ocean.

Diana’s “thing” items stretch us a bit as they included volunteering somewhere, taking a class in something new, reading a book outside of what we’d usually select, mastering (not just studying) a second language and picking up/learning a new musical instrument or revisiting one previously played.



Marty Coffin Evans

Tucked in the middle of her Bucket List: “Take time to notice the light outside, its changes throughout the day, how it modifies the look of trees, grass, sky, clouds, mountains, and how those differences make you feel.”

Diana hoped we’d do one or more from this list in her honor. How wonderful to remember and celebrate another this way!

Martha (Marty) Coffin Evans, Ed.D. is a freelance writer with MACE Associates, LLC. She can be reached at [itsmemartee@aol.com](mailto:itsmemartee@aol.com).

STRANGE

BUT TRUE

SO THEY SAY...

- BBT** The blesbok, a South African antelope, is almost the same color as grapejuice!
- BBT** The average person laughs 13 times a day!
- BBT** Dogs can hear sounds that you cant!
- BBT** Men are 6 times more likely to be struck by lightning than women!
- BBT** It is estimated that millions of trees in the world are accidentally planted by squirrels who bury nuts and then forget where they hid them!
- BBT** Ernest Vincent Wright wrote a novel, “Gadsby”, which contains over 50,000 words -- none of them with the letter E!
- BBT** Of all the words in the English language, the word set has the most definitions!

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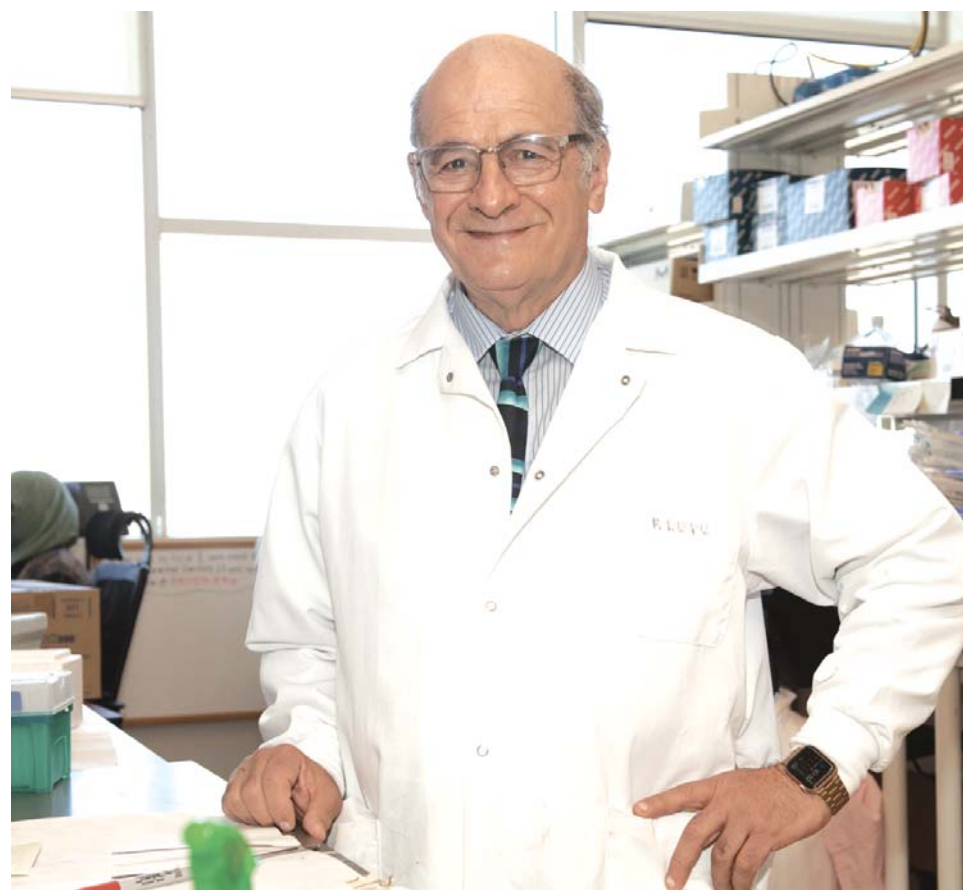


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## OMRF receives \$3.1 million for sepsis



Oklahoma Medical Research Foundation scientist Florea Lupu, Ph.D.

The National Institutes of Health has awarded the Oklahoma Medical Research Foundation a five-year, \$3.1 million grant for research aimed at reducing the main cause of death from infection.

OMRF scientist Florea Lupu, Ph.D., hopes his research leads to a new therapeutic treatment for sepsis, which kills about 270,000 people per year in the United States — more than lung cancer, breast cancer and drug overdoses combined.

"We are targeting a specific part of the immune system called the 'complement system,' which helps clear away bacteria in early sepsis but then becomes detrimental and contributes to organ failure," Lupu said.

Sepsis occurs when the immune system overcompensates for an underlying infection, most commonly in the lungs, urinary tract, skin or gastrointestinal tract. If not treated early, this overcompensation causes widespread blood clotting and ultimately septic shock, which is characterized by severe loss of blood pressure leading to multiple organ failure.

According to the World Health Organization, globally, sepsis accounted for 11 million or 20% of all deaths in 2017, the most recent year for which data is available.

Lupu's lab will build upon his prior research of the complement system's

role in sepsis. The work will focus on two infections that often trigger the condition: E. coli and staph.

The complement system is a large protein network in plasma. Those proteins are activated to form a cascade response to fight infection. However, one of these proteins, known as C5, morphs from friend into foe during sepsis by killing healthy cells and causing inflammation.

Lupu hopes to pinpoint the moment when C5 turns traitor and then target it with a drug that inhibits activation.

"The timing for an inhibitor is crucial," Lupu said. "If you try to block C5 too early, you also block the clearance of bacteria. If you go in too late, it's probably not helpful because the damage is already done."

Lupu also hopes to determine the value of treating sepsis early with a blood thinner before shifting to a C5 inhibitor. Both drugs would be used in tandem with antibiotics, Lupu said.

"Sepsis progresses very quickly," Lupu said. "Once it reaches the point of septic shock, the odds of survival decrease by 8% for each hour of delay in treatment. So that's the biggest challenge — finding that narrow window to a successful outcome."

The grant, 1R01AI168355-01, is funded by the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health.



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# INTEGRIS Health Looks at Long COVID and the Heart

Long COVID is a challenging problem for both patients and clinicians. Like much of this pandemic, our understanding about the long-term effects of COVID-19 is evolving and incomplete. Unfortunately, a number of patients who have recovered from COVID-19 will continue with symptoms that last more than two months after recovery.

Typical symptoms of long COVID include fatigue, brain fog, anxiety, shortness of breath, chest tightness and cough. About one third of patients will experience more than one of these symptoms, and between 10 and 70-percent of patients recovering from COVID will experience multiple symptoms.

Jon Blaschke, M.D., a cardiologist with the INTEGRIS Heart Hospital, says it is common for hospitalized patients with COVID-19 to have clotting issues including clotting in the lungs, heart attacks, strokes and rhythm disturbances. He says inflammation of the heart is seen as well. "However, after the acute phase

of COVID, longer-term, serious cardiovascular problems seem to be infrequent."

He adds, "We do not have information on risk for vascular events long-term, but most patients who have recovered from COVID have no heart issues or residual vascular problems from the virus even though they may have persistent symptoms."

But he warns certain symptoms should never be ignored. Patients who are experiencing chest pain, shortness of breath (especially with activity), new or severe fatigue, or swelling should be evaluated by a physician. Red flags to look for include episodes of passing out, or symptoms that are worse with activity.

- In general, patients who are still having symptoms after recovery from COVID should start with an evaluation with a primary care provider. Initial evaluation often includes an EKG and a chest x-ray. In many instances this is enough to provide reassurance.

- Most patients with known cardiac injury (atrial fibrillation, abnormal heart enzymes, inflammation of the heart) from COVID warrant subspecialty evaluation and follow-up. These are generally seen in patients with severe illness (requiring hospitalization), and in general, these patients are already established with a cardiologist.

- Patients who had abnormal chest x-rays or were hospitalized warrant follow-up at a minimum with their primary provider, and most need follow-up x-rays or CT scans. Lung function testing may also be indicated.

In conclusion, Blaschke has this advice, "The single thing I tell all of my patients is the best way to prevent both serious illness including hospitalization and death from COVID, and effects from long-haul COVID is to get immunized and boosted. This applies to both the acute illness and to long COVID. We know that fully vaccinated patients are 23 times less likely to be hospitalized or to die from COVID when compared to those who are not immunized."

He continues, "The health care community is united and the data is clear, we are counting on our patients to do their part to protect themselves, their families and us, so that we can be there for them, if the need arises."



Jon Blaschke, M.D., cardiologist with the INTEGRIS Heart Hospital



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# MARCH CALENDAR OF EVENTS

To Be Added To The Calendar, Email Senior News and Living at [advertising@seniornewsandliving.com](mailto:advertising@seniornewsandliving.com)

## MARCH

**Join Our Ole' Timers Club! Fall into volunteering!** Help us prep for winter by insulating & preparing things at the barn, checking blankets and getting animals ready. These are things seniors can do! Join us on Wednesdays 10am-1pm for our Seniors' Program. You don't have to be a senior to join in! Refreshments provided or you're welcome to bring something to share. Come groom on donkeys, miniatures or even some horses. No experience needed; we will teach you. For those who just want to socialize, you can also help with basic chores or organizing supplies. There's something for everyone! \$15 Long-sleeved t-shirts are available for purchase, and you can also donate to help a senior get theirs if you like. Email [plainswindrdr@gmail.com](mailto:plainswindrdr@gmail.com) for details. Follow us at [www.facebook.com/HFOleTimersClub](http://www.facebook.com/HFOleTimersClub), [www.horsefeathersequinecenter.org](http://www.horsefeathersequinecenter.org), 405-260-7281. 6320 N. Highway 74C, Guthrie, OK 73044. Donations are needed to provide the Standard of Care that we do. COVID-19 has affected prices of hay, grain, supplements and more. Please donate to help the horses and also support our Seniors' Program.

**Chakaia Booker: Shaved Portions**  
Oklahoma Contemporary Arts Center  
11 NW 11th St.  
[oklahomacontemporary.org/exhibitions/upcoming/chakaia-booker-shaved-portions](http://oklahomacontemporary.org/exhibitions/upcoming/chakaia-booker-shaved-portions)  
Email: [info@okcontemp.org](mailto:info@okcontemp.org)  
Price: Free  
When: Through Aug. 31, 2022  
Commissioned specifically for Campbell Art Park, Shaved Portions is among the most recent additions to Booker's body of work marked by her distinct ability to radically transform her signature material - salvaged rubber tires - into an incredible array of biomorphic sculptures.

**Paseo Arts District's First Friday Gallery Walk**  
3024 Paseo St. 405-525-2688  
[www.thepaseo.org](http://www.thepaseo.org). Peruse art from over 80 artists with 25 participating businesses for a night of special themed exhibits, refreshments and a variety of entertainment opportunities, 6-9 p.m. first Friday of every month.

**Coffee & Cars Chisholm Creek**  
13230 Pawnee Dr.  
405-728-2780 [www.chisholmcreek.com](http://www.chisholmcreek.com)  
First Saturday of every month, 8 p.m.  
Coffee and Cars OKC is the largest monthly gathering of car enthusiasts across the state of Oklahoma! Head to Chisholm Creek on the first Saturday morning of each month to share your passion for automobiles. The event will be held at the property just north of Pawnee Drive and Cabela Road. FREE and Everyone is welcome!

## MARCH

**Zumba Gold: Move to the music and have fun dancing.**  
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[okc.gov/parksignup](http://okc.gov/parksignup).  
Keyword 37358

**Senior Chair Drumming: Beginner class combining rhythm, stretching and exercise in a group setting.** Every Wednesday and Friday from 1:15pm -2pm. FREE. Woodson Senior Center, 3401 South May Avenue. [www.okc.gov/parksignup](http://www.okc.gov/parksignup). Keyword 40768  
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**Maren Hassinger: Nature, Sweet Nature**  
OK. Contemporary Arts Center  
11 NW 11th St. 405-951-0000  
[oklahomacontemporary.org](http://oklahomacontemporary.org)  
When: Through Aug. 31, 2022  
Email: [info@okcontemp.org](mailto:info@okcontemp.org)  
Price: Free  
[oklahomacontemporary.org/exhibitions/upcoming/maren-hassinger-nature-sweet-nature](http://oklahomacontemporary.org/exhibitions/upcoming/maren-hassinger-nature-sweet-nature)  
Traveling from Aspen Art Museum, the exhibition Nature, Sweet Nature, by renowned artist Maren Hassinger, has been reconfigured to respond to the grounds of Oklahoma Contemporary. Nature, Sweet Nature is comprised of two installations constructed with galvanized wire rope. Garden and Paradise Regained will each stand in rows at relative human scale; one near the entrance to the art center and the other within the Sculpture Garden.

**Online: Barbed Tales Podcast Theatre** Price: Free.  
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[anchor.fm/barbedtales](http://anchor.fm/barbedtales)  
Barbed Tales Productions brings theatre to the airwaves. Theatre for your ears. Due to the quarantine, live theater has to make adjustments so that we may still bring culture and entertainment to audiences. Barbed Tales Productions are taking steps to provide high quality entertainment. Creating podcast theatrical releases and online shows are a safe way to provide culture to our area. Season One explores video game reviews, D&D, Outlander fan fiction, and more. Under fifteen minutes episode.

## APRIL 16

**Wanderlust Pop Up Shops**  
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When: Sat., April 16, 10 a.m.-5 p.m.  
Email: [tobi@revolve-productions.com](mailto:tobi@revolve-productions.com)  
Price: FREE  
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## APRIL 30

**STEAMROLLER PRINT FEST 2022**  
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When: Sat., April 30, 9 a.m.-6 p.m.  
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Email: [pr@1ne3.org](mailto:pr@1ne3.org)  
Price: free  
The Annual Steamroller Festival showcases the printing process of large-scale woodblocks carved and designed by collegiate artists, local professional artists, and the students within our Mentorship Program. The festival will consist of various immersive activities including live music, food trucks, pop-up shops, family-friendly activities, a children's tent, artist demonstrations, and more!

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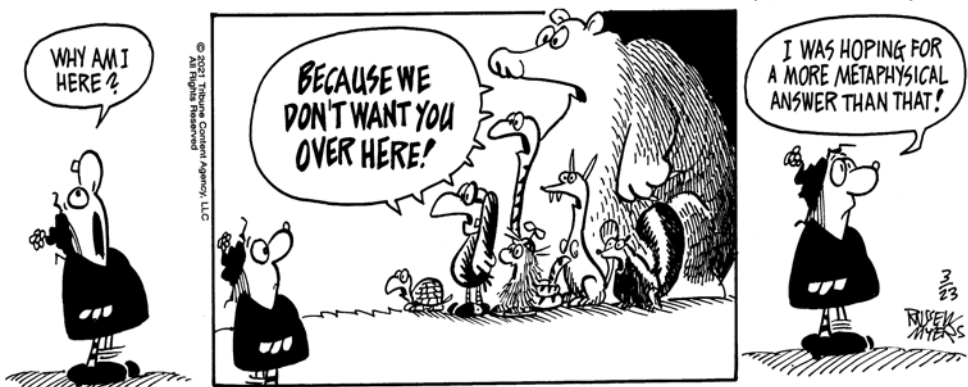
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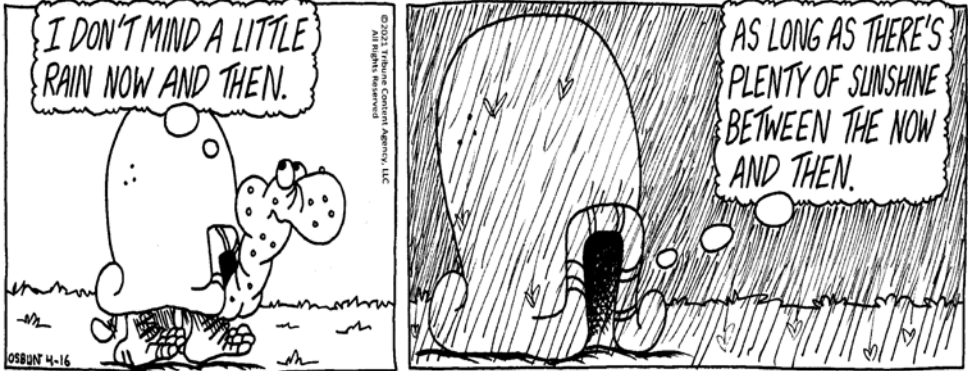
Broom Hilda

By Russell Myers



Animal Crackers

By Fred Wagner



Willy Muffitt

By Bill Brewer



JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

IKYML

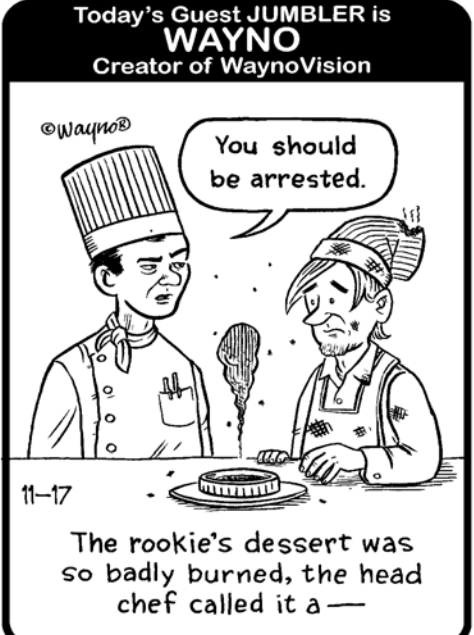
BERLE

RUCCEA

UNCESS

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(answers next month)

February Answers | Jumbles: PLAZA EMPTY MINGLE ZODIAC Answer: The little green man from outer space felt alone and — ALIENATED

I DID A PUSH-UP TODAY.



WELL, ACTUALLY I FELL DOWN, BUT I HAD TO USE MY MY ARMS TO GET BACK UP, SO ... CLOSE ENOUGH

MINION ALLEY - It's good to be a Mlnion

NOW I NEED CHOCOLATE



I Think My Iphone Is Broken. I Pressed The Home Button And I'm Still At Work.



I JUST STEPPED ON A CORNFLAKE. NOW I AM OFFICIALLY A CEREAL KILLER.

Gasoline Alley

By Jim Scancarelli



M	A	M	A		C	P	A		S	U	A	B	L	E	
A	L	O	T		O	R	R		I	N	L	A	I	D	
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# Greg Schwem: Anybody have a Barry Manilow mask?

by Greg Schwem

Sorry, New Zealand Parliament. While I support mask mandates, my allegiance is also to Barry Manilow.

Last week, while attempting to disperse anti-mask protesters who gathered outside the government's headquarters in Wellington, New Zealand, Parliament officials resorted to a rather, um, unique tactic: blasting the songs of Barry Manilow, the guy who writes the songs.

Had I been part of the protest, I would have politely tapped a Parliament member on the shoulder and said, "Please turn up the volume. And don't just limit it to the hits. Dig deeper into the Manilow catalogue. Get my blood flowing with a little 'Riders to the Stars' and then tug at my heartstrings with 'Lonely Together.'"

Admit it, we all have that one artist we're secretly embarrassed to admit we admire. For me, it's Barry. Yes, I am on a first name basis with him. Deal with it, haters! You have your Kanye; I have my Barry.

I've been a Barry fan since winning tickets, via a radio station giveaway, to a Manilow — sorry, a Barry — concert at Chicago's Auditorium Theatre in January 1977. Snippets from that tour can be found on "Barry Manilow Live," the album cover featuring Barry in a royal blue, sequin-studded outfit that he probably was lowered into via hydraulics.

Not only did Barry deliver the hits but he also entertained his fans by singing his "VSM" (Very Strange Medley), a series of well-known commercial jingles that Barry either wrote or sang before the big bucks came his way with "Mandy" and "It's a Miracle." Seriously, how many artists can have an entire audience singing, "Get a bucket of chicken, finger lickin' good, have a barrel of fun, goodbye ho-hum"?

Who knows? Parliament may have waved the white surrender flag and allowed the entire country to discard their masks had protesters begun crooning those lyrics.

If your goal is to annoy an audience, you can't play the music of somebody who, at 78, is still packing them in, either on the road or at his Las Vegas residency, despite a raspy voice and far too much plastic surgery. Similar stars approaching octogenarian status don't receive that kind of treatment. I'm sure it never entered Canadian Prime Minister Justin Trudeau's mind to remove Ottawa truckers from blocking the Canada-U.S. border by blasting Elton John. Or the Rolling Stones.

So, why single out Barry? His songs too are ingrained in our mental jukeboxes, even if we're afraid to say it. Several years ago, I saw one of those pedal bar tours — basically a keg party on wheels — making its way through downtown Chicago. Its passengers, all half of Barry's age and in various stages of inebriation, were singing, "Her name was Lola, she was a showgirl" in whatever key was comfortable.

Nobody asked them to disperse.

In Parliament's defense, officials did choose other tunes besides Barry's. "Macarena," the Los Del Rio song that spawned a dance craze in 1996, got numerous spins and, yes, that would have had the desired effect on me. I probably would have offered to not only wear a mask but distribute masks if it meant never having to hear it again.

Barry songs are played often but not ad nauseum, making them unlikely "nails on a chalkboard" candidates. Next time Parliament, consider the following:

"Call Me Maybe" by Carly Rae Jepsen.

"Blurred Lines" by Robin Thicke.

"All I Want for Christmas" by Mariah Carey.

Anything by the Spice Girls.

Just leave Barry alone to do his thing while he still can. His concerts



**Greg Schwem is a corporate stand-up comedian and author.**



are bucket list candidates for fans of a certain age, and even younger audience members who get dragged to see him usually end up singing along at some point. I have hopes that my daughters, ages 19 and 25, might accompany me to a Barry concert someday.

OK, that would be a miracle. A true-blue spectacle miracle.

(Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at [www.gregschwem.com](http://www.gregschwem.com).)

You've enjoyed reading, and laughing at, Greg Schwem's monthly humor columns in Senior Living News. But did you know Greg is also a nationally touring stand-up comedian? And he loves to make audiences laugh about the joys, and frustrations, of growing older. Watch the clip and, if you'd like Greg to perform at your senior center or senior event, contact him through his website at [www.gregschwem.com](http://www.gregschwem.com))



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